

Galileo Research Fact Sheet #159: Can Galileo Therapy be used even under intense Chemotherapy in Leukemia?

Galileo
Therapy

Can Galileo Therapy be used even under intense Chemotherapy in Leukemia ?

The answer is: YES

This safety study investigated the effects of Galileo Therapy during intense chemotherapy in Leukemia. Galileo Therapy was compared to cycling ergometer training (20 min., 18-25Hz, pos. 3-4, 120° squat, 3/week, 2 weeks). The Galileo group showed significant muscle function improvements compared to the ergometer group with in Chair-rise power (+4%), jump height (+12%) as well as timed up & go test (TUG, +19%).

Metric	Ergometer	Galileo
CRT Power	-12%	+4%
Jump Height	-10%	+12%
TUG	-10%	+19%

Pahl A, Wehrle A, Kneis S, Gollhofer A, Bertz H: Feasibility of whole body vibration during intensive chemotherapy in patients with hematological malignancies - a randomized controlled pilot study.; BMC Cancer, 18(920);, 2018; PMID: 30253746, GID: 4774

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This study investigated effects of Galileo Therapy during intensive chemo-therapy in patients with hematological malignancies (this includes many types of Leukemia). This study was designed as a safety study mainly investigating the feasibility and safety of Galileo application in this group. The study compared over a duration of 2 weeks and 3 times per week one group with cycling ergometer training (20 minutes) and the Galileo group (18-25Hz, pos. 3-4, 120° squat static and dynamic, 6 x 30-60 seconds). The results show significant group differences with much better results on motor function in the Galileo group in chair rise test (CRT, group difference: 17%), jump power (17%) as well as Timed Up & Go Test (TUG, 13%).

Taking into consideration that the study was designed as a safety study, where intervention intensity is usually set quite moderate and that only 6 Galileo sessions were performed, the observed group differences and improvements in the Galileo group are remarkable. However, these results are in line with other studies using a similar Galileo intervention regime in COPD patients over a time of 3 weeks (#GRFS144, #GRFS106, #GRFS124, #GRFS107, #GRFS34, #GRFS32) which also showed very relevant functional improvements. Also, of interest are the results of #GRFS36 in patients after intensive chemo-therapy which not only improved muscle function but also decreased pain associated with the chemo-therapy.

Therapy - Chemo-Therapy, Leukemia
#GRFS159 #GRFS